

**ABSTRACT OF THE DISCLOSURE**

A hand controlled regulator is connected to a resistance-providing device through a string, includes an elongated rotatable member mounted rotatably in a casing, and a sliding carriage mounted movably in the casing. The sliding carriage is connected to a connecting end of the string, and engages the rotatable member in such a manner that rotation of the rotatable member results in a linear movement of the sliding carriage in an axial direction that is parallel to a rotation axis of the rotatable member, which, in turn, results in a linear movement of the connecting end of the string in the axial direction.